55. The method of claim 54 wherein T = about 1 to 100 milliseconds.

56. The method of claim 53 wherein T = about 2.5 to 90 milliseconds.

57. The method of claim 54 wherein T = 2.5 to 75 milliseconds.

58. The method of claim 53, wherein τ = about 0.01 to 2.0 milliseconds.

59. The method of claim 53, wherein τ = about 0.02 to 1.1 milliseconds.

60. The method of claim 53, wherein τ = 0.1 to 0.3 milliseconds.

61. The method of claim 58, wherein the transducer is producing ultrasound at a frequency of about 100 to 1000 KHz.

62. The method of claim 53, wherein the intensity of the ultrasound applied is I ≥ about 750 W/cm^2 .

63. The method of claim 57, wherein the intensity of the ultrasound applied is I ≥ about 750 W/cm^2 .

64. The method of claim 58, wherein the intensity of the ultrasound applied is I ≥ about 750 W/cm^2 .

65. The method of claim 61, wherein the intensity of the ultrasound applied is I ≥ about 750 W/cm^2 .

66. The method of claim 62, wherein the transducer produces ultrasound at a pulse duration of τ ≤ 100 milliseconds.

67. The method of claim 53, wherein the device is operated at a duty ratio of about ≥ 5.

68. The method of claim 53, wherein the device is operated at a duty ratio of about ≥ 8.--

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